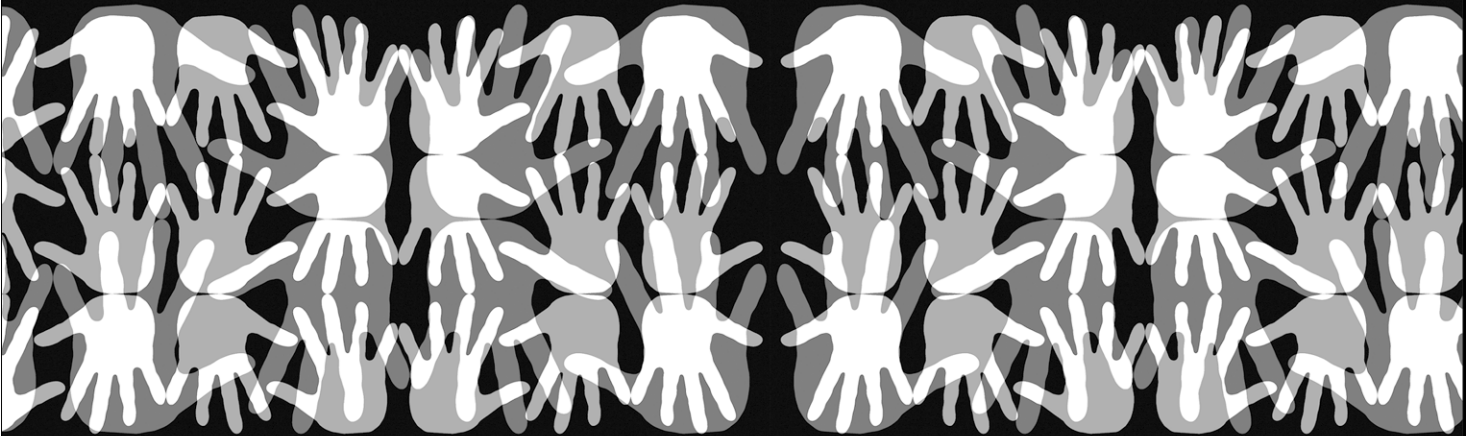


# HELP US HELP YOU

GET A KIT.

MAKE A PLAN.



KNOW YOUR RESOURCES.

HELP A FRIEND.



**SECURITY IS IN YOUR HANDS TOO**



## SEPTEMBER IS PREPAREDNESS MONTH

Security is important, but it doesn't have to be intimidating. In fact, preparing yourself and your family for an emergency is actually quite simple. It only takes a little time to get a kit, make a plan, know your resources, and help a friend. However, once you take these steps you can rest easy knowing that you are ready for the unexpected. Preparing yourself will also preserve critical resources for first responders in the event of an emergency, which will help everyone in your community. For more information on preparedness, please visit: [www.mass.gov/helpushelpyou](http://www.mass.gov/helpushelpyou)



GOVERNOR DEVAL L. PATRICK  
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# HELP US HELP YOU



## GET A KIT:

The first step towards helping us help you is to create an emergency supply kit for your family. All it takes is a little rooting around the house or a quick trip to the grocery store. The kit should be able to sustain you for at least 3 days. It is not much different than preparing for a long weekend of camping! Your kit should include....



### Emergency Kit Check-List



- a plastic container (to hold the kit)
- Water - one gallon per person per day
- Food - a three day supply of canned goods and non-perishable items (remember a can-opener!)
- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- First Aid Kit, including matches and a whistle
- Filter mask - or cotton t-shirt to help filter the air
- Wrench or pliers - to turn off utilities (make sure you know how!)
- Moist towelettes, garbage bags and plastic ties - for personal sanitation
- Copies of important family documents such as insurance policies, IDs, bank accounts, etc...
- Extra cash
- An extra set of clothes and a sleeping bag
- Plastic sheeting and duct tape
- Your family's emergency plan and maps of your area
- Remember your unique family needs such as prescription medications (2 week supply), baby formula, diapers, pet food, etc...



Be prepared to take your kit with you in the event of an emergency. Keeping supplies in your car is never a bad idea either!

## MAKE A PLAN:



When an emergency strikes, you and your family may not be together. Sit down with your family and develop a communications plan that will keep you safe and in touch. You can find a link to a blank emergency plan sheet online at [www.mass.gov/helpushelpyou](http://www.mass.gov/helpushelpyou). Once you've filled it out, make sure every member of your family (including your children's schools and your employer) has a copy. Also, keep copies at home, at work, and in your car.



## KNOW YOUR RESOURCES:



Emergencies come in all shapes and sizes and different types of emergencies require different types of responses. Familiarize yourself with what kinds of natural disasters are mostly likely to happen where you live. Know what to do if they do occur. Know where you can look for specific information in the event of an emergency and keep a list of emergency contact numbers on your fridge and in the car. Links to some important resources are below.



[www.mass.gov/helpushelpyou](http://www.mass.gov/helpushelpyou)



[www.mass.gov/mema](http://www.mass.gov/mema)

[www.ready.gov](http://www.ready.gov) <<http://www.ready.gov/>>

[www.redcross.org](http://www.redcross.org) <<http://www.redcross.org/>>

[www.72hours.org](http://www.72hours.org) <<http://www.72hours.org/>>

[www.noaawatch.gov](http://www.noaawatch.gov) <<http://www.noaawatch.gov/>> (for weather-related information)



## HELP A FRIEND:

Talk to your family, friends, and neighbors about the importance of preparedness and how they can get a kit, make a plan, and know their resources. In the event of an emergency, think about which of your family, friends, and neighbors may need help and reach out to them.

**[www.mass.gov/helpushelpyou](http://www.mass.gov/helpushelpyou)**